

# Roan Primary School Menu – September/October 2022



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b> <b>26<sup>th</sup> Sept</b>	Spaghetti Bolognaise  Garden Peas Mashed Potato  Sponge with Jam Topping	Homemade Breaded Chicken Goujons & Dip  Diced Carrots Salad Selection Herb Diced Potatoes  Jelly & Ice-Cream Slice with Orange Segments	Oven Baked Breaded Fish Fingers  Mashed Potato Baked Beans Salad  Fresh Fruit OR Fresh Yoghurt	Roast Pork  Traditional Stuffing, Fresh Diced Carrots Oven Roast Potato Mashed Potato, Gravy  Rice Krispie Square	Oven Baked Sausage  Garden Peas Coleslaw Tossed Salad Chips Mashed Potato  Ice Cream Tub
<b>WEEK 2</b> <b>3<sup>rd</sup> Oct</b>	Homemade Margherita Pizza Ham & Cheese Pizza  Garden Peas Tossed Salad Herb Diced Potato  Flakemeal Biscuit & Water Melon Slice	Steak Burger  Broccoli Florets Carrots Mashed Potato Gravy  Muffin Cake	Fresh Breaded Fish Goujons  Baked Beans Sweetcorn, Garden Peas Mashed Potato  Jelly & Ice Cream OR Fresh Fruit	Roast Breast of Chicken  Traditional Stuffing Fresh Diced Carrots Parsnip Oven Roast Potato Mashed Potato, Gravy  Frozen Yoghurt & Fruit Pieces	Chicken Nuggets  Sweetcorn Mashed Potato Chips Salad Selection  Fruit Sponge
<b>WEEK 3</b> <b>10<sup>th</sup> Oct</b>	Oven Baked Breaded Fish Fingers  Baked Beans Garden Peas Mashed Potato  Fresh Fruit OR Fresh Yoghurt	Breast of Chicken Curry & Boiled Rice & Naan Bread  Sweetcorn  Jelly & Fruit Pieces	Cottage Pie  Carrots Diced Turnip Mashed Potato, Gravy  Fresh Yoghurt OR Fresh Fruit	Roast Gammon  Fresh Baton Carrots Cauliflower Florets Mashed Potato Oven Roast Potato Gravy  Ginger Biscuit & Custard	Oven Baked Sausages  Garden Peas Coleslaw Mashed Potato Chips  Ice Cream
<b>WEEK 4</b> <b>17<sup>th</sup> Oct</b>	Steak Burger  Baked Beans Sweetcorn Mashed Potato  Fresh Fruit OR Fresh Yoghurt	Pasta Bolognaise  Fresh Baton Carrot Garden Peas  Eton Mess (Meringue, Fruit & Yoghurt)	Oven Baked Sausage  Garden Peas Mashed Potato Herb Dice Potato  Chocolate Brownie	Roast Breast of Chicken  Traditional Stuffing Carrots Oven Roast Potatoes Mashed Potato Gravy  Fresh Fruit Salad & Jelly	Homemade Margherita Pizza  Sweetcorn Salad Selection Chips  Ice Cream

**Breads**  
**Milk, Water**  
**Fresh Fruit,**  
**Yoghurt**  
**Available Daily**

**Salad Selection**  
**Rice Salad,**  
**Coleslaw**  
**Sweet Chilli Pasta**  
**Tossed Salad**  
**Lettuce, Cherry**  
**Tomato**  
**Grated Carrots**  
**Cucumber**  
**Diced Red Peppers**  
**Red Onion**  
**Beetroot**

**If You Require**  
**Any Additional**  
**Information on**  
**Allergens or**  
**Special Diets**  
**Please Contact**  
**the School to**  
**complete a**  
**Special Diets**  
**Application Form**

